

Setting Boundaries

- Chairperson log on & greet people as they arrive
"welcome _____"
- Claim host key
- Make meeting buddy co-host
- **Host – read all bold print**
- Co-host – **Cut and paste in chat**, mute open mics
- Close general chat

Pre Meeting Suggestions:

**Who would like to be the spiritual time keeper? Thank you _____.
Please use a gentle voice rather than alarms or chimes. Shares are 4
minutes. Could you please say “one minute to go” at three minutes
and “time” at four minutes.**

(Note to chairperson – if you do not find people to do service roles – ask
during meeting)

**Welcome to our Boundaries Meeting. This meeting lasts one hour,
with an option to extend by 15 minutes, depending on the size of the
meeting. Spiritual growth can be overwhelming or trigger deep
feelings and memories. Please share with someone after the meeting
if you need to share off topic.**

**Are there any people new to this meeting, or new to ACA? If so, would
you like to introduce yourself and let us know where you are from so
that we can welcome you? Hi, welcome _____.**

**Please join me in opening with the set aside prayer:
(Cut and paste in Chat)**

God, please set aside everything that I think I know about myself, My healing, my spiritual path and You, For an open mind and a new experience of myself, My healing, my spiritual path and especially You.
Please help me to see the truth.

We will begin with a reading on Boundaries from Strengthening my Recovery, followed by the week's reading from the following information about boundaries, and followed by open sharing.

This material comes primarily from work being done by the Boundaries study group at the World Service of ACA and a recent workshop on boundaries.

My name is _____ and I am your host for today. My co-host is _____. If you require assistance during the meeting, feel free to message us using the chat box. Please switch your phone to silent and remain muted unless you are speaking.

This week, we are on week ____ of the materials.

Can someone volunteer to read "The Laundry List" p 587 BRB, all or part?

The Laundry List – 14 Traits of an Adult Child of an Alcoholic

1. We became isolated and afraid of people and authority figures.
2. We became approval seekers and lost our identity in the process.
3. We are frightened by angry people and any personal criticism.
4. We either become alcoholics, marry them or both, or find another compulsive personality such as a workaholic to fulfill our sick abandonment needs.
5. We live life from the viewpoint of victims and we are attracted by that weakness in our love and friendship relationships.
6. We have an overdeveloped sense of responsibility and it is easier for us to be concerned with others rather than ourselves; this enables us not to look too closely at our own faults, etc.
7. We get guilt feelings when we stand up for ourselves instead of giving in to others.
8. We became addicted to excitement.
9. We confuse love and pity and tend to “love” people we can “pity” and “rescue.”
10. We have “stuffed” our feelings from our traumatic childhoods and have lost the ability to feel or express our feelings because it hurts so much (Denial).
11. We judge ourselves harshly and have a very low sense of self-esteem.
12. We are dependent personalities who are terrified of abandonment and will do anything to hold on to a relationship in order not to experience painful abandonment, which we received from living with sick people who were never there emotionally for us.
13. Alcoholism is a family disease; and we became para-alcoholics (codependent) and took on the characteristics of that disease even though we did not pick up the drink.
14. Para-alcoholics are reactors rather than actors.

Following the Reading of the Week we will open the meeting to shares. We ask that when you share, please limit your share to 4 minutes and remain reasonably on topic.

Is anyone willing to be our spiritual timer? Thank you _____. Please use a gentle voice rather than alarms or chimes. _____ is going to be our spiritual timekeeper today. Please limit your sharing to 4 minutes so that we can hear from as many people as possible. After three minutes you will hear _____ say “one minute to go”. We ask that you please start to wrap up your share at this time. At four minutes you will hear _____ say “time”.

When speaking, we use "I" statements rather than "YOU" statements. This action strengthens our boundaries and builds our self-respect.

We do not engage in cross talk. Cross talk means interrupting, referring to, or commenting on what another person has said during the meeting. We do not give advice. We listen to each other, which is a gift many of us did not receive in childhood.

This week are on week number _____ .

- Scroll down to the appropriate week.
- (Screen share SMR reading, topic and questions as needed)
- Ask volunteer to read SMR selection all or part.
- Ask volunteers to read a paragraph each of study.
- (Cut and paste discussion questions in Chat)
- Ask volunteers to read one question each.
- Open floor to discussion on what we've read and answer the questions from the reading.
- Gently redirect if they get off topic after their share.

Week 1 - What is a Boundary, part 1

September 15

Promise Nine

(page 268 in SMR)

“Healthy boundaries and limits will become easier for us to set.” BRB p. 591

As children, our integrity was badly mangled. Physical, psychological, social, and spiritual boundaries were rarely, if ever, respected in our homes. As a result of this conditioning, we didn't learn to honor our own boundaries or those of others. If we grew up in a house where our toes were continually stepped on and no one took responsibility, we may have become toe-steppers and believed it was normal.

We “come to” at ACA meetings. We learn about respecting boundaries at our first meeting when we observe the no cross talk rule. This healthy boundary allows each of us to express our reality without comment, judgment or placating behavior. As we continue to attend meetings and share our experiences, we may discover other levels of toe-stepping that we are still acting out.

Through the Steps, we discover how our childhood boundaries were violated. From there, we progress to acknowledging how those violations affect us today. Through reparenting ourselves, we reestablish healthy internal and external boundaries. We begin to restore our integrity by making others – even those in authority – aware of the healthy limits we are setting in our lives.

On this day I will honor healthy boundaries at my ACA meetings. I will use them as stepping stones to acknowledging my buried childhood memories and feelings. I am learning to set boundaries with integrity.

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A boundary is an action we take to protect ourselves from unwanted words or actions from another if we feel uncomfortable or unsafe. It can be a statement or an action, or both. A Boundary is an action coming from love, not a reaction in anger or revenge.

- When we are new to recovery we may wish to detach with love from friends or family members who we feel impede our recovery. This may be because of past trauma, unwanted judgment, advice coming from others, or simply giving ourselves a safe space to feel our feelings as we review our past.
- When we establish a boundary, we break the “Don’t talk, Don’t trust, Don’t feel” and “Don’t Remember” rules.
- We set boundaries for ourselves, not to demand a change in others. We may request a change in behavior by others, but we remember that we cannot change anyone but ourselves.
- We do not need to explain or justify our boundaries.

Discussion Questions:

1. How can setting a boundary help my recovery today?
2. What was my experience with boundaries in childhood and how do I see that affecting my ability to set boundaries today?
3. Have I set a boundary expecting someone else to change?
4. Do I have a success in setting/honoring a boundary to share today?

## **Week 2 - What is a Boundary, part 2**

June 24

Boundaries

(page 182 in SMR)

“The level of choice we develop in ACA is proportional to the integrity of our boundaries. The more we let go, the stronger our boundaries become. This is an ACA paradox: Letting go creates stronger boundaries.” BRB p. 148

Most of us grew up in families without boundaries. It seemed like everyone was in each other’s business, passing judgment and telling each other what to think and feel. Even if we had understood the concept of boundaries, we wouldn’t have been able to set them for ourselves in the midst of the dysfunction. Yet on some level we often instinctively knew that our boundaries were being violated, whether it was emotional or physical boundaries.

As adults, we were often the boundary violators because of the enmeshment we learned from our families. We simply didn’t understand how boundaries worked, and we didn’t know how to honor them. In ACA, we learn that a lack of boundaries is usually about control and manipulation.

It’s never as simple as it seems, and it takes work to uncover the root of what’s really happening. But as soon as we begin to deal with the underlying issues and release the hold they have over us, our boundaries are strengthened; we let go and offer other people the opportunity to find their own way without our help. We learn to separate what’s really important and what’s not in order to survive as healthy adults.

On this day I will remember that when I choose to let go and not to involve myself where I don’t belong, I am creating stronger boundaries for myself.

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- Boundaries are part of building healthy relationships. As we progress in program, we will discover that setting boundaries with family, friends, intimate partners, and with people in our work or other organizations helps us discover our authentic selves, find our own voice, and practice self love.
- Boundaries are a spiritual practice. We set boundaries using spiritual tools such as honesty, respect, compassion, and love—for ourselves and for others. a boundary is not a punishment of others or a failing on our part, but a part of giving ourselves self-respect and love.
- Discussing our need for a boundary and our proposed words or actions with others in program, such as a fellow traveler, a sponsor, or a study group helps us develop discernment. We can practice with a safe person.

Questions for Discussion:

1. What spiritual tools can I use in setting a boundary?
2. How has setting a boundary helped me to find/express my authentic self?
3. Do I have a boundary success to share this week?

Week 3 - What is a Boundary, part 3

June 13

Trait Seven

(page 171 in SMR)

“We get guilt feelings when we stand up for ourselves instead of giving in to others.” BRB p. 15

As children, many of us felt we were always wrong. Our parents/caretakers were quick to point out our mistakes, and seldom if ever pointed out what we did right.

As adults, we approach many problems, still with the assumption we are wrong. With that comes the assumption that others must be right. When asked our opinion, we often vacillate, attempting to read the face of the person we're speaking to so we can decide which response matches their opinion. Sound exhausting? It is!

In ACA, we learn about boundaries, that they need to be both communicated and upheld. So we start setting boundaries. But then comes the hard part: enforcing them. When we try to do so, we may immediately feel guilty, start second-guessing ourselves, and fear the other person will now think less of us.

That guilt can undermine our recovery. But with the help of our Higher Power and our fellow travelers, we learn to get past those feelings and stand up for ourselves. It's a process with some trial and error, but as we experience success, we start to feel empowered to be the person we were always meant to be.

On this day I know any guilt I feel for not giving in to others will pass, and my recovery will be strengthened by my ability to value myself.

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Learning to set boundaries helps us to recover from Laundry List traits such as people-pleasing, fixing and rescuing, shutting down our feelings, codependence, or fear of angry people or authority figures. With the help of our Higher Power, we let go of self-harming behaviors.

There are different types of boundaries, but their purposes are to allow us to be safe, respected, and free from harm.

All boundaries remind us that feelings, behaviors, and attitudes of others are separate from our own.

We must be willing to follow through and honor our boundaries. We do not negotiate our boundaries.

Discussion Questions.

1. What Laundry List traits have been triggered by my experience with setting boundaries?

2. How has setting a boundary helped me recognize my feelings?

3. When have I negotiated a boundary and with what result?

4. Do I have a success in setting/honoring a boundary to report today?

## **Week 4 - How to Set Boundaries, part 1**

July 9

Siblings

(page 198 in SMR)

“We are not responsible for rescuing, saving, or healing our parents or siblings who remain mired in family dysfunction. We can detach with love and begin the gradual process of learning about boundaries.” BRB p. 102

Our relationships with our siblings were usually complicated growing up. If our parents were ‘at war’ with each other, it meant we were often ‘at war’ with each other. It’s what we learned; it’s what we lived! As adults, still caught up in this all-consuming family dysfunction, we were in each other’s business and knew what was best for the others, even if they didn’t. We often gossiped about each other, formed alliances and competed with each other.

When we began to find a better life in ACA, some of us jumped right to the Twelfth Step and decided it was now our job to rescue our siblings because now we really knew the answers. But the Program tells us otherwise. If we are to find true recovery, we have to do the hard work for ourselves and detach from our family, setting healthy boundaries. If not, we’ll continually struggle with ways to save them.

When we stop and really listen to ourselves, we see that doing these things is not what recovery is about. All of these “fixes” are no different than the way we’ve always operated. We learn to let go, realizing we can’t heal them. We must release them to find their own way.

On this day I will remember that my true recovery lies in my ability to detach, set boundaries, and heal myself first.

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- I will use “I” sentences when stating a boundary because it is about me. When I use, “You” statements – I am dictating, or telling others what to do.
- I do not negotiate my boundary. I avoid haggling over why the other person does not honor it. I state my boundary clearly and honor it for myself.
- I feel, decide, and express my needs by setting boundaries for myself, not to demand a change in others. I will guard against people-pleasing or rescuing, both of which can harm my boundaries.
- I will recognize the body sensations that tell me I need to set a boundary. I can recognize the feelings and physical sensations I experience in daily life and use these body and mind indicators to help me remember past experiences.
- When I establish a boundary, I must be willing to follow through. I must honor my boundary even if others do not. For example, if I tell someone I will hang up the phone if they yell or raise their voice, I must be willing to hang up if they repeat that behavior.

Discussion Questions

1. How can I express my needs without blaming another in setting a boundary?
2. Give an example of a boundary statement using “I language.”
3. What body sensations do I experience that let me know I need to set a boundary?
4. Do I have a success in setting/honoring a boundary to report today?

Week 5 - How to Set Boundaries, part 2

January 18

A New Way of Life

(page 29 in SMR)

“We ask the adult child considering ACA to look at the program as a way of life that will unfold over time, bringing rich rewards of emotional relief and self-acceptance.” BRB p. 95

We took all of the abuse we could and still thought it was our fault. What was it we were doing wrong, anyway? What was it that made us feel so different and defective? Why couldn't we just be like the rest of the people in our family and just take endless amounts of abuse without seeming to care? Why were we so wimpy? And where did negative feelings like anger get us, anyway?

Before ACA, we may have been in other programs that helped us, but where certain feelings may have been minimized. This made us feel like we were back in a place where we had to shut parts of ourselves off. We might have been told that “taking it to God” was the only important thing. That may work for many people, but we realized it wasn't enough for us.

Now, with the help of ACA and the people we have learned to trust, we can accept the value of all of our feelings. We especially accept our anger and no longer run from it, knowing it can help teach us where our boundaries should be. We talk to others who are in touch with their feelings in a healthy way and can really hear us when we express our emotions. We know we are in the right place where healing takes place.

On this day I will realize my emotions are part of a gift from my Higher Power, a gift called “Me.”

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We learn to use neutral language and not to debate or accuse in setting boundaries.

For example, instead of saying “I will not talk to you if you keep criticizing dad,” (which can lead to a debate or a defense), we can simply say, “I feel uncomfortable when you talk about dad, so I am going to stop this conversation.”

If the person persists, we can say, “I notice that you are still talking about dad, so I have decided to take a break from talking with you.”

Examples of some boundary statements:

- I have decided not to come to your house for Sunday dinners.
- I will hang up the phone if you raise your voice when you speak to me.
- I will speak with you for only 10 minutes at a time.
- I will not discuss [politics] with you. I am not willing to speak with you if you are not willing to agree to this.
- I am not willing to discuss with you what [a family member] does or does not do. I will stop the conversation if you start to talk about [this family member].

Discussion Questions:

1. Where have I encountered problems when someone ignores my boundaries?
2. What is an example of a boundary I can set using I language?
3. Have I experienced anger or resentment from others when I set a boundary using negotiation, debate or judgment?
4. What success have I experienced in setting a boundary?

## **Week 6 - Benefits of setting Boundaries, part 1**

November 9

Emotional Sobriety

(page 325 in SMR)

“Most of us agonize over mistakes because we internalize the error.” BRB  
p. 38

When we were kids, making a mistake meant being verbally and often physically abused. Our mistakes provoked over-the-top reactions from the adults around us who did not have the tools to understand that we were just doing what kids and people in general do – make mistakes!

But instead, we heard shaming comments like, “What’s the matter with you? Are you stupid? Are you an idiot?” or “You should have known better. Look what you did!” And on top of that, many of us were spanked, slapped, or beaten as well. It seemed like the end of the world when this happened. The mistake could never be undone.

Part of the result was that the more it happened, the better we got at shaming ourselves. We no longer needed to hear it from someone else – because those messages had become internalized. We carried this self-shaming behavior into our adult lives and many of us became merciless in the way we treated ourselves.

In ACA we learn to gradually reprogram those inner critical parent messages and understand that making mistakes is part of being human. We all do it. When we make a mistake, we talk about it, examine the nature of what we did, forgive ourselves, make amends when appropriate, and move on. We begin to think and act like true adults!

On this day I understand that when I make a mistake, I don’t have to perpetuate my childhood abuse by beating myself up. I will call someone and process what happened, then move on.

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Depending on our stage in recovery, boundaries can benefit our recovery as follows:

Participating in ACA meetings:

Most meetings contain a statement that asks members to refrain from cross talk: giving advice or referring to someone else's share when we speak. This is a boundary. It allows other members to feel safe in speaking their truth without fear of judgment, shaming or blaming. When we participate in business meetings, we observe a boundary of respect in allowing each member to speak without interruption. Our "group conscience" process is also a form of boundary, instead of shouting each other down or outvoting each other, behaviors we may have experienced in childhood.

Detaching from family of origin:

Our families are sometimes angry, upset or confused when we begin a program of recovery. They may fear we will blame them for our unhappiness. They may want to argue, defend themselves, or otherwise act out. Setting a boundary with some family members that we will not interact with, or interact only on our terms, helps us feel safe and gives us space to recover. We can change our minds as we progress in the program.

Discussion Questions

1. What has participating in business meetings shown me about boundaries?
2. Have I set a boundary with a family member and what was the result?
3. Do I have a success in setting a boundary to share today?

Week 7 - Benefits of Setting Boundaries, part 2

June 22

Tolerating the Unacceptable
(page 180 in SMR)

“We will see how our low self-esteem has us judging ourselves mercilessly, giving others the benefit of the doubt, and tolerating inappropriate behavior.” BRB p. xxi

Many of us were taught that it was virtuous to “put up with” whatever was doled out, shut up about whatever was going on, and deny our feelings in the process. This led us to doubt our own perceptions, which led us to doubt our own self-worth.

Because we actually survived, some of us interpreted our ability to deal with unacceptable situations as resilience. Unfortunately, we didn’t learn that it was acceptable to set boundaries and limits, and that it was okay to say “no” to unacceptable behavior.

This is what we learn in ACA. We don’t have to be stoic, or pretend that things don’t bother us when they do. We don’t have to apologize for stuff that’s not ours or feel ashamed when we feel triggered. We have the right to our reality, our experiences, and our feelings.

With the help of our recovery support system, we are now learning to trust, to feel, and to talk; this is a wonderful way to live. We can surround ourselves with people who listen to us and acknowledge our feelings. We can be more human, vulnerable, and safe.

On this day I remind myself that being resilient (tolerating abuse) is not the way I want to live my life. I can relax and trust safe people.

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- Detaching from people with whom we are codependent. Codependence is looking for emotional intimacy or support from people who are not able to give it. (BRB p 100). When we are codependent, we are entangled in someone else's life, sometimes people pleasing, sometimes trying to change them, but always denying the needs of our true self. When we come out of codependence, we learn our self worth does not depend on others. When we recognize these people in our lives, we may set a boundary to detach from that person. We remember that we cannot change another person. We learn to meet our needs with healthy people and by getting to know and love ourselves. We can show compassion for another person and show compassion, but we are separate from the other person.

- Learning to stand up for ourselves and avoid people pleasing. Many of us begin program with low self-esteem. We may be used to going along with unacceptable behavior from others to avoid being shamed, blamed, or abandoned. As we learn more about our Laundry List traits, we practice detaching with love. We stand up for ourselves with loving language, not anger. We learn to increase our self esteem, realizing that esteem does not come from affirmation from others, but from our true inner self.

#### Discussion Questions:

1. Are there people in my life with whom I am codependent?
2. What has been my experience when I stand up for myself?
3. How has my self esteem improved from setting boundaries?
4. Do I have a success in setting a boundary to share today?

## **Week 8 - The Benefits of Boundaries, part 3**

August 28

Boundaries

(page 249 in SMR)

“I am more aware of how I overstep my boundaries, and how I try to force things to work the way I want them to work.” BRB p. 414

We were vulnerable as children in dysfunctional homes. We experienced no one who was able to set healthy boundaries and maintain them. In ACA we learn to see the importance of boundaries by practicing the Steps and by identifying and working on our character defects.

We learn to recognize boundaries that have been crossed, including when we do it to others. We feel free when we set new boundaries. Progress happens, one day at a time.

The ACA program also helps us recognize manipulative behaviors, which is usually a companion for those with boundary issues. If we're the manipulator, we begin to see that our attempts to change others will eventually fail; in the meantime, they'll only complicate things.

As we grow stronger, understanding boundaries places everything in perspective. To help us stay focused, we look to Step Ten, “Continued to take personal inventory and when we were wrong, promptly admitted it.” It allows us to inventory our thoughts and actions on a regular basis. This keeps our impulsive natures in check so we recognize boundaries in everyday life.

On this day, as my identity and values become more clear, I will work to become consistent in setting my own boundaries and honoring the boundaries other people set.

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- Recognizing the difference between true love and fixing or rescuing. As we start to recognize that many of our relationships are based on trying to fix, rescue, or change another person, we can gently set a boundary with them by releasing these behaviors. Remarkably, we may discover that some of the people we were trying to fix or change are just fine if we accept them as they are!
- Learning to respect the boundaries of others without taking offense, feeling abandoned, or running away. We learn to feel our feelings, even the uncomfortable ones, and discover that feelings will not kill us.

Discussion Questions

1. How have I discerned the difference between a boundary and trying to get someone else to change?
2. Where has acceptance shown me that a boundary was unnecessary?
3. Where have other people set boundaries with me?
4. Do I have a success in setting/honoring a boundary to report today?

Week 9 - Benefits of Boundaries, part 4

September 15

Promise Nine

(page 268 in SMR)

“Healthy boundaries and limits will become easier for us to set.” BRB p. 591

As children, our integrity was badly mangled. Physical, psychological, social, and spiritual boundaries were rarely, if ever, respected in our homes. As a result of this conditioning, we didn't learn to honor our own boundaries or those of others. If we grew up in a house where our toes were continually stepped on and no one took responsibility, we may have become toe-steppers and believed it was normal.

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Through the Steps, we discover how our childhood boundaries were violated. From there, we progress to acknowledging how those violations affect us today. Through reparenting ourselves, we reestablish healthy internal and external boundaries. We begin to restore our integrity by making others – even those in authority – aware of the healthy limits we are setting in our lives.

On this day I will honor healthy boundaries at my ACA meetings. I will use them as stepping stones to acknowledging my buried childhood memories and feelings. I am learning to set boundaries with integrity.

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Learning conflict resolution skills.

Setting boundaries helps us practice self-love and standing up for what we need. Many of us have avoided conflict and did not learn how to have healthy, respectful conversations.

Setting boundaries helps us learn the skill of speaking the truth with love. It also helps us identify and claim our feelings and learn to recognize and reparent our inner child or children.

As we grow in program, we learn that we have an inner child [or children] who is often triggered by other people's unhealthy words or actions. Our inner child gets our attention through body sensations, anxiety, and sometimes anger. We learn to reparent and calm our inner child by listening to the child, assuring the child we will not abandon the child, and taking steps to create a safe environment, including setting a boundary.

Discussion Questions:

1. What conflict resolution skills have helped me in setting boundaries?
2. Do I recognize an inner child within me? How does the inner child feel or react when a boundary needs to be set?
3. What can I tell that child to "reparent" the child in this situation?
4. Do I have a success in setting a boundary to share today?

## **Week 10** - Boundary Checklist, part 1

June 13

Trait Seven

(page 171 in SMR)

“We get guilt feelings when we stand up for ourselves instead of giving in to others.” BRB p. 15

As children, many of us felt we were always wrong. Our parents/caretakers were quick to point out our mistakes, and seldom if ever pointed out what we did right.

As adults, we approach many problems, still with the assumption we are wrong. With that comes the assumption that others must be right. When asked our opinion, we often vacillate, attempting to read the face of the person we're speaking to so we can decide which response matches their opinion. Sound exhausting? It is!

In ACA, we learn about boundaries, that they need to be both communicated and upheld. So we start setting boundaries. But then comes the hard part: enforcing them. When we try to do so, we may immediately feel guilty, start second-guessing ourselves, and fear the other person will now think less of us.

That guilt can undermine our recovery. But with the help of our Higher Power and our fellow travelers, we learn to get past those feelings and stand up for ourselves. It's a process with some trial and error, but as we experience success, we start to feel empowered to be the person we were always meant to be.

On this day I know any guilt I feel for not giving in to others will pass, and my recovery will be strengthened by my ability to value myself.

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The following is a boundary checklist that we can use to practice healthy boundaries.

1. What happened to me to create the need for a boundary?
2. How did I react? What Laundry list traits came up?
3. Describe the feelings and physical sensations I experienced.
4. How did my inner child/children feel about what happened? How can I support and protect him/her/them?
5. What needs do I need to express? What boundary decision do I need to make?

Discussion:

1. Respond to this checklist.
2. Do I have a boundary success to share this week?

Week 11 - Boundary Checklist, part 2

January 18

A New Way of Life

(page 29 in SMR)

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We took all of the abuse we could and still thought it was our fault. What was it we were doing wrong, anyway? What was it that made us feel so different and defective? Why couldn't we just be like the rest of the people in our family and just take endless amounts of abuse without seeming to care? Why were we so wimpy? And where did negative feelings like anger get us, anyway?

Before ACA, we may have been in other programs that helped us, but where certain feelings may have been minimized. This made us feel like we were back in a place where we had to shut parts of ourselves off. We might have been told that “taking it to God” was the only important thing. That may work for many people, but we realized it wasn't enough for us.

Now, with the help of ACA and the people we have learned to trust, we can accept the value of all of our feelings. We especially accept our anger and no longer run from it, knowing it can help teach us where our boundaries should be. We talk to others who are in touch with their feelings in a healthy way and can really hear us when we express our emotions. We know we are in the right place where healing takes place.

On this day I will realize my emotions are part of a gift from my Higher Power, a gift called “Me.”

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1. Do I need to take a break, make a phone call, pray, meditate, draw, visualize this information, or use a boundaries worksheet to help continue processing my thoughts? What resources might help?
2. How can I tell the truth with love to the other person using “I” language?
3. Did I remember to use self-love, self-care, and to ask my fellow traveler, sponsor, and my Higher Power for help?
4. What are some safe boundary options or actions?

Discussion Questions:

1. Respond to these checklist questions.
2. Do I have a boundary success to share this week?

Discussion Questions:

How can I use this format to work through a boundary issue?

YOU MAY FIND THE FOLLOWING CHART, WHICH HAS BEEN FILLED OUT WITH A SAMPLE RESPONSE, HELPFUL IN PROCESSING A BOUNDARY.

| <b>What happened?</b>                        | <b>How did I react in the moment?<br/>What Laundry List Trait is involved?</b>                              | <b>Does this remind me of an event from my past?</b> | <b>What feelings and physical sensations did I experience ?</b>                                           | <b>How do my Inner Children feel about what happened ?</b> | <b>My Boundary/ My Action</b>                                                               |
|----------------------------------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------|---------------------------------------------------------------------------------------------|
| My older brother starts fights over politics | People pleasing; low self esteem—my opinion doesn't matter; fear of angry people; fear of authority figures | my father's rants and angry outbursts                | overwhelm edtightness in my stomach; throat hurts; vague in my thinking; flushed; fight/flight/ orfreeze? | fear of being hurt; no one listens to me; want to hide     | I am uncomfortable discussing politics and will not discuss politics with you. Please stop. |

**Week 12** - Fellowship Questions about Boundaries (from CT Intergroup Workshop 2020 (edited))

June 24

Boundaries

(page 182 in SMR)

“The level of choice we develop in ACA is proportional to the integrity of our boundaries. The more we let go, the stronger our boundaries become. This is an ACA paradox: Letting go creates stronger boundaries.” BRB p. 148

Most of us grew up in families without boundaries. It seemed like everyone was in each other’s business, passing judgment and telling each other what to think and feel. Even if we had understood the concept of boundaries, we wouldn’t have been able to set them for ourselves in the midst of the dysfunction. Yet on some level we often instinctively knew that our boundaries were being violated, whether it was emotional or physical boundaries.

As adults, we were often the boundary violators because of the enmeshment we learned from our families. We simply didn’t understand how boundaries worked, and we didn’t know how to honor them. In ACA, we learn that a lack of boundaries is usually about control and manipulation.

It’s never as simple as it seems, and it takes work to uncover the root of what’s really happening. But as soon as we begin to deal with the underlying issues and release the hold they have over us, our boundaries are strengthened; we let go and offer other people the opportunity to find their own way without our help. We learn to separate what’s really important and what’s not in order to survive as healthy adults.

On this day I will remember that when I choose to let go and not to involve myself where I don’t belong, I am creating stronger boundaries for myself.

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Q: I fear I set boundaries with family and friends that may be too rigid or punitive, such as “I am never coming to your home again.” How can I set healthy boundaries that are both kind but still protect me?

A: Try not to speak when angry. Use the tools of honesty and willingness to see your part in the relationship breakdown. The 7th Step prayer helps. God, I am now ready that you should remove from me all my defects of character, which block me from accepting your divine love and living with true humility toward others. Renew my strength so that I might help myself and others along this path of recovery. (BRBp 220)

A friend played the victim and I felt manipulated. I thanked her for her friendship. I then said “relationships are like the seasons. Sometimes I need to move on.”

Discussion Questions:

1. What is my experience with setting boundaries that may have been too rigid? Did I fall into black or white thinking?
2. Have I been able to adjust my boundaries over time as I have gotten more healthy?
3. What language have I used successfully in setting a boundary?
4. Do I have a boundary success to share today?

Week 13 - Fellowship Questions, part 2

July 9

Siblings

(page 198 in SMR)

“We are not responsible for rescuing, saving, or healing our parents or siblings who remain mired in family dysfunction. We can detach with love and begin the gradual process of learning about boundaries.” BRB p. 102

Our relationships with our siblings were usually complicated growing up. If our parents were ‘at war’ with each other, it meant we were often ‘at war’ with each other. It’s what we learned; it’s what we lived! As adults, still caught up in this all-consuming family dysfunction, we were in each other’s business and knew what was best for the others, even if they didn’t. We often gossiped about each other, formed alliances and competed with each other.

When we began to find a better life in ACA, some of us jumped right to the Twelfth Step and decided it was now our job to rescue our siblings because now we really knew the answers. But the Program tells us otherwise. If we are to find true recovery, we have to do the hard work for ourselves and detach from our family, setting healthy boundaries. If not, we’ll continually struggle with ways to save them.

When we stop and really listen to ourselves, we see that doing these things is not what recovery is about. All of these “fixes” are no different than the way we’ve always operated. We learn to let go, realizing we can’t heal them. We must release them to find their own way.

On this day I will remember that my true recovery lies in my ability to detach, set boundaries, and heal myself first.

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Q: I have a friend who I believe is angry with me. When we are in the same zoom meeting, she sends me a negative text after I share. I have tried to open a conversation with her, but she refuses to talk with me. What should I do?

A: If someone sends me negative texts, I recognize that they have poor internal boundaries. If I have tried to talk, but she refuses, I can let her go. I do not have to chase dysfunctional people.

I practice two boundaries for myself—external and internal. I visualize a dome over me—which contains external and internal boundaries. External boundaries protect me from incoming information that may feel harmful or unsafe.

My internal boundary protects others from ME. I don't need to share all of my thoughts. I don't need to explain my boundaries or get you to agree. The internal boundary keeps me from dumping on you.

Discussion Questions:

1. What has been my experience with letting go of people who act negatively toward me?
2. Where have I violated my internal boundaries by over-sharing information?
3. How have I practiced finding safe people to share with?
4. Do I have a boundary success to share today?

## Week 14 - Fellowship Questions, part 3

November 9

Emotional Sobriety

(page 325 in SMR)

“Most of us agonize over mistakes because we internalize the error.” BRB  
p. 38

When we were kids, making a mistake meant being verbally and often physically abused. Our mistakes provoked over-the-top reactions from the adults around us who did not have the tools to understand that we were just doing what kids and people in general do – make mistakes!

But instead, we heard shaming comments like, “What’s the matter with you? Are you stupid? Are you an idiot?” or “You should have known better. Look what you did!” And on top of that, many of us were spanked, slapped, or beaten as well. It seemed like the end of the world when this happened. The mistake could never be undone.

Part of the result was that the more it happened, the better we got at shaming ourselves. We no longer needed to hear it from someone else – because those messages had become internalized. We carried this self-shaming behavior into our adult lives and many of us became merciless in the way we treated ourselves.

In ACA we learn to gradually reprogram those inner critical parent messages and understand that making mistakes is part of being human. We all do it. When we make a mistake, we talk about it, examine the nature of what we did, forgive ourselves, make amends when appropriate, and move on. We begin to think and act like true adults!

On this day I understand that when I make a mistake, I don’t have to perpetuate my childhood abuse by beating myself up. I will call someone and process what happened, then move on.

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Q: I want to share a concern, but the other person dismisses my point as unimportant. How can I be heard when others will not listen to me?

A: I would begin using “I” language, such as “I feel unheard” or “ I feel dismissed.” Once you have said how you feel, how the other person responds is not your job. Notice if your question “how can I be heard,” is really you asking “how can I get you to agree with me and follow my wishes?”

I cannot make someone “hear” me. The question is how will I handle the relationship? What are the consequences when they cross my line of acceptable conduct? I have the right to change the amount of time or the situations in which I will interact with this person.

Discussion Questions

1. What is my experience with trying to get other people to understand my point of view?
2. How can I reparent my inner child when they feel they were not heard?
3. What “I language” have I used to express that I feel hurt that I have not been heard?
4. Do I have a boundary success to share today?

Week 15 - Fellowship Questions, part 4

June 22

Tolerating the Unacceptable
(page 180 in SMR)

“We will see how our low self-esteem has us judging ourselves mercilessly, giving others the benefit of the doubt, and tolerating inappropriate behavior.” BRB p. xxi

Many of us were taught that it was virtuous to “put up with” whatever was doled out, shut up about whatever was going on, and deny our feelings in the process. This led us to doubt our own perceptions, which led us to doubt our own self-worth.

Because we actually survived, some of us interpreted our ability to deal with unacceptable situations as resilience. Unfortunately, we didn’t learn that it was acceptable to set boundaries and limits, and that it was okay to say “no” to unacceptable behavior.

This is what we learn in ACA. We don’t have to be stoic, or pretend that things don’t bother us when they do. We don’t have to apologize for stuff that’s not ours or feel ashamed when we feel triggered. We have the right to our reality, our experiences, and our feelings.

With the help of our recovery support system, we are now learning to trust, to feel, and to talk; this is a wonderful way to live. We can surround ourselves with people who listen to us and acknowledge our feelings. We can be more human, vulnerable, and safe.

On this day I remind myself that being resilient (tolerating abuse) is not the way I want to live my life. I can relax and trust safe people.

~~~~~

Q: I try to set boundaries without communicating to another what my boundary is. For example, by just not calling a person who triggers me. Then I get upset when my boundary isn't understood or honored.

A: It would be nice if other people intuited our boundaries. But some people don't pick up our "signals." The question then becomes "how do I take care of myself?"

I try to set my boundary by telling the truth with love, speaking lovingly and kindly. I avoid anger and people pleasing. Avoid minimizing my needs or falling into taking care of others. I reassure my inner child. I may re-run a childhood memory and reparent.

Discussion Questions:

1. What has been my experience with hoping the other person will "get it" if I stop returning their calls or texts?
2. What loving language could I use to avoid care-taking or minimizing my needs?
3. How can I reparent my inner child when they do not feel safe?
4. Do I have a boundary success to share today?

## **Week 16 - Fellowship Questions, part 5**

August 28

Boundaries

(page 249 in SMR)

“I am more aware of how I overstep my boundaries, and how I try to force things to work the way I want them to work.” BRB p. 414

We were vulnerable as children in dysfunctional homes. We experienced no one who was able to set healthy boundaries and maintain them. In ACA we learn to see the importance of boundaries by practicing the Steps and by identifying and working on our character defects.

We learn to recognize boundaries that have been crossed, including when we do it to others. We feel free when we set new boundaries. Progress happens, one day at a time.

The ACA program also helps us recognize manipulative behaviors, which is usually a companion for those with boundary issues. If we're the manipulator, we begin to see that our attempts to change others will eventually fail; in the meantime, they'll only complicate things.

As we grow stronger, understanding boundaries places everything in perspective. To help us stay focused, we look to Step Ten, “Continued to take personal inventory and when we were wrong, promptly admitted it.” It allows us to inventory our thoughts and actions on a regular basis. This keeps our impulsive natures in check so we recognize boundaries in everyday life.

On this day, as my identity and values become more clear, I will work to become consistent in setting my own boundaries and honoring the boundaries other people set.

~~~~~

Q: I start off with a healthy boundary of not calling a person who is always negative. Then I relapse and start to call again. I don't know how to stop wrecking my own boundaries.

A: Boundaries grow stronger with step work and resources. In one of my relationships, I stopped trying to get another person to live to my expectations. For example, my sister puts everyone else down. I say, "I'm trying to eliminate gossip and sarcasm from my life." Now when the conversation turns negative, I say, "I've got to go!"

Discussion Questions:

1. How can I be gentle with myself if I am not perfect in enforcing my boundaries?
2. How am I making progress in enforcing boundaries?
3. What general language can I use that speaks to my self-care rather than judgment in setting a boundary?
4. Do I have a boundary success to share today?

Week 17 - Fellowship Questions, part 6

September 15

Promise Nine

(page 268 in SMR)

“Healthy boundaries and limits will become easier for us to set.” BRB p. 591

As children, our integrity was badly mangled. Physical, psychological, social, and spiritual boundaries were rarely, if ever, respected in our homes. As a result of this conditioning, we didn't learn to honor our own boundaries or those of others. If we grew up in a house where our toes were continually stepped on and no one took responsibility, we may have become toe-steppers and believed it was normal.

We “come to” at ACA meetings. We learn about respecting boundaries at our first meeting when we observe the no cross talk rule. This healthy boundary allows each of us to express our reality without comment, judgment or placating behavior. As we continue to attend meetings and share our experiences, we may discover other levels of toe-stepping that we are still acting out.

Through the Steps, we discover how our childhood boundaries were violated. From there, we progress to acknowledging how those violations affect us today. Through reparenting ourselves, we reestablish healthy internal and external boundaries. We begin to restore our integrity by making others – even those in authority – aware of the healthy limits we are setting in our lives.

On this day I will honor healthy boundaries at my ACA meetings. I will use them as stepping stones to acknowledging my buried childhood memories and feelings. I am learning to set boundaries with integrity.

~~~~~

Q: Are boundaries negotiable? Can or should I involve the other person in the boundary I set?

A: Boundaries in my experience need to be flexible. A boundary should be like a fence, not a wall. Walls keep out the bad, but they also keep out the good.

For me, there are three types of boundaries: No Boundary, which is painful; A Wall, where not much gets in or out, and Semi-Permeable, where I have choices. Boundaries can change over time, under different circumstances. Other people can change, but that change is not up to me.

Discussion Questions:

1. What is my experience with setting a flexible boundary? How has it worked?
2. Have I set a boundary that I have been able to release/change over time?
3. Have I set a wall boundary that has created pain for me?
4. Do I have a boundary success to share today?

## Week 18 - Fellowship Questions, part 7

June 24

Boundaries

(page 182 in SMR)

“The level of choice we develop in ACA is proportional to the integrity of our boundaries. The more we let go, the stronger our boundaries become. This is an ACA paradox: Letting go creates stronger boundaries.” BRB p. 148

Most of us grew up in families without boundaries. It seemed like everyone was in each other’s business, passing judgment and telling each other what to think and feel. Even if we had understood the concept of boundaries, we wouldn’t have been able to set them for ourselves in the midst of the dysfunction. Yet on some level we often instinctively knew that our boundaries were being violated, whether it was emotional or physical boundaries.

As adults, we were often the boundary violators because of the enmeshment we learned from our families. We simply didn’t understand how boundaries worked, and we didn’t know how to honor them. In ACA, we learn that a lack of boundaries is usually about control and manipulation.

It’s never as simple as it seems, and it takes work to uncover the root of what’s really happening. But as soon as we begin to deal with the underlying issues and release the hold they have over us, our boundaries are strengthened; we let go and offer other people the opportunity to find their own way without our help. We learn to separate what’s really important and what’s not in order to survive as healthy adults.

On this day I will remember that when I choose to let go and not to involve myself where I don’t belong, I am creating stronger boundaries for myself.

~~~~~

Q:I have trouble setting boundaries with some people who seem to be dominant and overbearing. How can I set a boundary to let them know this is not ok with me?

A: This deals with how I enforce my boundaries. It is harder with people who do not respect my boundaries. I need to recognize what the other person is capable of and whether they can change (usually they can't.) For example, I tell my brother I will not discuss politics with him. Also, I only call him when I want to talk with him and not because I think I "should" call him. Avoid he/she said conversations. Keep your conversation about how you feel and what you need.

I also practice "book-ending" with boundaries. I call a fellow traveler and say how I am going to state and intend to enforce my boundary with another. Then I call my fellow traveler after interacting with that person. This makes me accountable, helps me come out of isolation, and process my feelings.

Discussion Questions:

1. What has been my experience with needing to repeat my boundary statements with people who ignore my boundaries?
2. How has rehearsing a boundary statement with a program friend helped me in setting boundaries?
3. Do I have a boundary success to share today?

Week 19 - Fellowship Questions, part 8

November 9

Emotional Sobriety

(page 325 in SMR)

“Most of us agonize over mistakes because we internalize the error.” BRB
p. 38

When we were kids, making a mistake meant being verbally and often physically abused. Our mistakes provoked over-the-top reactions from the adults around us who did not have the tools to understand that we were just doing what kids and people in general do – make mistakes!

But instead, we heard shaming comments like, “What’s the matter with you? Are you stupid? Are you an idiot?” or “You should have known better. Look what you did!” And on top of that, many of us were spanked, slapped, or beaten as well. It seemed like the end of the world when this happened. The mistake could never be undone.

Part of the result was that the more it happened, the better we got at shaming ourselves. We no longer needed to hear it from someone else – because those messages had become internalized. We carried this self-shaming behavior into our adult lives and many of us became merciless in the way we treated ourselves.

In ACA we learn to gradually reprogram those inner critical parent messages and understand that making mistakes is part of being human. We all do it. When we make a mistake, we talk about it, examine the nature of what we did, forgive ourselves, make amends when appropriate, and move on. We begin to think and act like true adults!

On this day I understand that when I make a mistake, I don’t have to perpetuate my childhood abuse by beating myself up. I will call someone and process what happened, then move on.

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Q: I took a break from taking ACA calls for health reasons and explained why. One member took this personally and started telling other people I was not working my program. How can I stop gossip about me from others in program?

A: I can't stop gossip. The answer is acceptance. Then, ask myself why I am so triggered. Reassure my inner child and practice affirmations. Reassure myself that my program works and keep away from negative attacks.

I share personal information only with trusted people. I have a boundary of self-containment, meaning I hold back the impulse to hurt myself. I stop taking poison and begin taking medicine. I check my motivation. Am I trying to get an apology, trying to make the other person feel guilty? I can approach the other person with curiosity rather than criticism:

"I am feeling uncomfortable. I've heard that you said XYZ. I want to talk to you to get your perception and settle any confusion."

Discussion Questions:

1. What has been my experience with fearing others are gossiping about me?
2. Have I over-shared in places that are not safe?
3. Have I set a boundary hoping to get an apology or make someone feel guilty?
4. Do I have a boundary success to share today?

## **Week 20 - Fellowship Questions, part 9**

July 9

Siblings

(page 198 in SMR)

“We are not responsible for rescuing, saving, or healing our parents or siblings who remain mired in family dysfunction. We can detach with love and begin the gradual process of learning about boundaries.” BRB p. 102

Our relationships with our siblings were usually complicated growing up. If our parents were ‘at war’ with each other, it meant we were often ‘at war’ with each other. It’s what we learned; it’s what we lived! As adults, still caught up in this all-consuming family dysfunction, we were in each other’s business and knew what was best for the others, even if they didn’t. We often gossiped about each other, formed alliances and competed with each other.

When we began to find a better life in ACA, some of us jumped right to the Twelfth Step and decided it was now our job to rescue our siblings because now we really knew the answers. But the Program tells us otherwise. If we are to find true recovery, we have to do the hard work for ourselves and detach from our family, setting healthy boundaries. If not, we’ll continually struggle with ways to save them.

When we stop and really listen to ourselves, we see that doing these things is not what recovery is about. All of these “fixes” are no different than the way we’ve always operated. We learn to let go, realizing we can’t heal them. We must release them to find their own way.

On this day I will remember that my true recovery lies in my ability to detach, set boundaries, and heal myself first.

~~~~~

Q: I set a boundary not to have contact with my siblings based on childhood abuse. I still feel angry and upset with them, so it seems the boundary is not working. Thoughts?

A: Anger makes me a victim. I'm addicted to excitement. How do I find peace and serenity? If I focus on having a happy life and reparenting my inner child, then what my siblings do and say will seem less important. I can ask for help from another ACA in recovery.

Discussion Questions:

1. How have I recognized when anger is really an addiction to excitement?
2. Have I been able to see when my anger is really from the past and not about the person in front of me?
3. What safe ways have I found to deal with anger?
4. Do I have a boundary success to share today?

Week 21 - Fellowship Questions, part 10

June 13

Trait Seven

(page 171 in SMR)

“We get guilt feelings when we stand up for ourselves instead of giving in to others.” BRB p. 15

As children, many of us felt we were always wrong. Our parents/caretakers were quick to point out our mistakes, and seldom if ever pointed out what we did right.

As adults, we approach many problems, still with the assumption we are wrong. With that comes the assumption that others must be right. When asked our opinion, we often vacillate, attempting to read the face of the person we're speaking to so we can decide which response matches their opinion. Sound exhausting? It is!

In ACA, we learn about boundaries, that they need to be both communicated and upheld. So we start setting boundaries. But then comes the hard part: enforcing them. When we try to do so, we may immediately feel guilty, start second-guessing ourselves, and fear the other person will now think less of us.

That guilt can undermine our recovery. But with the help of our Higher Power and our fellow travelers, we learn to get past those feelings and stand up for ourselves. It's a process with some trial and error, but as we experience success, we start to feel empowered to be the person we were always meant to be.

On this day I know any guilt I feel for not giving in to others will pass, and my recovery will be strengthened by my ability to value myself.

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Q: How do I deal with people in my daily life who remind me of family members I have set a boundary with? I feel triggered and upset even though I know they are not the ones who hurt me.

A: I am powerless over the effects of my childhood. When I get triggered, I revert to my Laundry List traits and flawed thinking. So I need to PAUSE. I can put my hand up and say “I need a time out.” When I realize the issue is from my childhood, I can reparent my inner child. I can say, “I know [dad/mom] did not listen to you and you felt abandoned and unimportant. I am here today and I want to hear what you have to say. No matter what you say, I love you and am not going to leave you. You are safe with me.”

Discussion Questions:

1. What are some boundary violations that occurred in my childhood?
2. How have those violations been triggered today?
3. When have I paused and how has that worked?
4. What would my loving parent say to my inner child who is triggered over a boundary issue?
5. Do I have a boundary success to share today?

## **Week 22 - Fellowship Questions, part 11**

August 28

Boundaries

(page 249 in SMR)

“I am more aware of how I overstep my boundaries, and how I try to force things to work the way I want them to work.” BRB p. 414

We were vulnerable as children in dysfunctional homes. We experienced no one who was able to set healthy boundaries and maintain them. In ACA we learn to see the importance of boundaries by practicing the Steps and by identifying and working on our character defects.

We learn to recognize boundaries that have been crossed, including when we do it to others. We feel free when we set new boundaries. Progress happens, one day at a time.

The ACA program also helps us recognize manipulative behaviors, which is usually a companion for those with boundary issues. If we're the manipulator, we begin to see that our attempts to change others will eventually fail; in the meantime, they'll only complicate things.

As we grow stronger, understanding boundaries places everything in perspective. To help us stay focused, we look to Step Ten, “Continued to take personal inventory and when we were wrong, promptly admitted it.” It allows us to inventory our thoughts and actions on a regular basis. This keeps our impulsive natures in check so we recognize boundaries in everyday life.

On this day, as my identity and values become more clear, I will work to become consistent in setting my own boundaries and honoring the boundaries other people set.

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Q: How can I set a boundary with myself to stop or lessen the voice of an inner critical parent, a self-doubting voice?

A: When I recognize the voice of my inner critical parent, I can take a breath and say “You may be trying to help me, but please have a seat. I have this. What you are saying isn’t helpful.”

I may be powerless over my first thought, but I am not powerless over my second thought. I am not powerless over what comes out of my mouth.

Discussion Questions:

1. Where do I hear the voice of your inner critical parent today?
2. How can I respond lovingly to the voice of the critical parent?
3. What are typical “first thoughts” I have when a boundary issue arises?
4. What “second thought” can help?
5. Do I have a boundary success to share today?

Closing

We've come to the end of our study for this week. Thank you all for your shares and those who gave service by listening.

Who would like to read the ACA Promises? (pg. 591, Big Red Book):

The Promises

(pg. 591, Big Red Book)

1. We will discover our real identities by loving and accepting ourselves.
2. Our self-esteem will increase as we give ourselves approval on a daily basis.
3. Fear of authority figures and the need to "people-please" will leave us.
4. Our ability to share intimacy will grow inside us.
5. As we face our abandonment issues, we will be attracted by strengths and become more tolerant of weaknesses.
6. We will enjoy feeling stable, peaceful, and financially secure.
7. We will learn how to play and have fun in our lives.
8. We will choose to love people who can love and be responsible for themselves.
9. Healthy boundaries and limits will become easier for us to set.
10. Fears of failure and success will leave us, as we intuitively make healthier choices.
11. With help from our ACA support group, we will slowly release our dysfunctional behaviors.
12. Gradually, with our Higher Power's help, we will learn to expect the best and get it.

(Open chat for all)

The chat box is now open. This group does not have a WhatsApp page. Instead we encourage you to exchange contact information in the Chat box to find like-minded Fellow Travelers.

Are there any ACA announcements? ...

The Boundaries workbook, Speaker meeting recordings, free literature and information about other meetings hosted by the Sydney Lunchtime Meeting can also be found at:

www.acalunchtime.com

This meeting is supported by a yearly fundraiser each March. If you would like to contribute to the seventh tradition, you may make a contribution to your local intergroup or to ACA World Service.

To ensure that this is a safe space for everyone, please respect the anonymity of those who shared today. What you have heard here at this meeting should remain in this meeting. We do not talk about another person's story or experiences.

If everyone would like to unmute, we will close the meeting with the ACA version of the Serenity prayer:

(Cut and paste in the chat)

God, grant me the serenity to accept the people I cannot change, The courage to change the one I can, And the wisdom to know that one is me.